

Northumberland Information, Advice and Support Service (IASS) Information Newsletter December 2021 - Issue 6

Welcome to our newsletter sharing information with you on local events, services and news in Northumberland and the North East for children and young people with SEND (special educational needs and/or disabilities) and their families.

Coronavirus/Covid19

We are continuing to provide a service during Covid-19. If you have any queries, please contact the service at iass@northumberland.gov.uk or 01670 623555 / 01670 620350.

SPOTLIGHT ON:



Be you

The Be you teams support children and young people's emotional health and wellbeing across Northumberland. This support is delivered by a range of providers from both the statutory and voluntary sectors, in conjunction with services across health, education and children's early help social care.

What is the purpose of the 'Be you' mental health support teams?

The teams support teachers to enhance mental health provision within schools and give advice and act as a bridge to other services. They also help young people to develop healthy habits towards mental health and, where necessary, offer support at an early stage.

Visit the [Be you](#) website to find out more about [The Emotional Health and Wellbeing Offer](#).

Watch this short video to find out more about the Be you mental health support teams
<https://youtu.be/jkwc2szciXU>

Support is available for:

- Young people
- Parents and carers
- Practitioners

Would you like us to include a 'spotlight on ...' article about your organisation? If so, email julia.mccormack@northumberland.gov.uk and let us know.

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FEATURE ARTICLE

Calmer Therapy

Calmer Therapy supports children, young people and adults who have additional needs, disabilities and mental health needs. Diagnosis isn't required.

They recently relocated to a larger centre in Stobhill, Morpeth, which has a sensory room, gaming room, activity hall and sports hall. Their amazing gaming room has all of the up to date consoles, including a PlayStation 5 and retro consoles too! They provide support, training, advice and activities, which includes help with DLA and PIP forms. They also offer support to the whole family, siblings and friends. Family members are welcome to all of their sessions.

Calmer Therapy has a food bank at their Guidepost centre and can help with emergency food parcels.

Additional activities are organised during school holidays. This Christmas break they will have many activities including breakfast with Santa, a children's Christmas ball, Christmas parties and more.

HAF (Holiday Activities and Food) Christmas Camp: Monday 20 - Thursday 23 December: 10.00 am - 2.00 pm

Calmer Therapy is again going to be part of the Government's HAF programme 2021, which provides free activities, breakfast, and a hot lunch for children who are in receipt of free school meals. Activities will include making a Christmas wreath, making a Christmas mug or Santa plate, breakfast with Santa, Christmas Dinner and party, and more.

To apply for a place at the HAF Christmas camp, contact Calmer Therapy via:

Email: hello@calmertherapy.org

Telephone: 01670 516015

Facebook: www.facebook.com/calmertherapy

WhatsApp: 07368 417778

The funding allows for children on free school meals to receive this without cost. Calmer Therapy will cover the cost of anyone not on free school meals, so no one is left out.

Please visit Facebook, email, or send a WhatsApp message for further details regarding all activities.



Are you a Northumberland employer?

Can you help us?

Are you a parent carer?

**Can you share the news of our virtual schools employment event on
19 January 2022 with your employer?**

OR you may have your own business and wish to come onboard!

Employers are invited to join us, Northumberland County Council's Careers Guidance Team, to help young people to learn and grow through opportunities available to them within businesses in our community.

EVOLVE: Do it like we Mean it!

EVOLVE - Employment, Volunteering, Opportunities Locally, Valuable Employee

We are passionate about supporting young people in Northumberland with additional needs and we hope you are too.

A young person with additional needs can offer so much to a local business or organisation, so we want to reach out **to you, to help us, help them**, reach their full potential and gain the experience they need to prepare for adulthood and build their futures.

View this **Health Education England Project Choice** video clip to find out more about young people who have gained work experience through their supported internship programme:

<https://youtu.be/hk0JLISSGSo>

To sign up for our New Year's Resolution challenge, please click on this link nland.uk/EVOLVE to submit your organisation's contact details.

For more information email julia.mccormack@northumberland.gov.uk

Views of children and young people with SEND and their parents

We have been asked by the Local Authority and Clinical Commissioning Group for Northumberland to support them with gathering the views of children and young people with SEND and their parents about the services they use, to help them develop and improve service provision.

We would like to develop a 'list' of parents we can consult with on specific topics/services. This would be done completely anonymously; personal data would not be shared and would be kept confidentially within our service and stored securely. It would not involve a big commitment timewise and would be on an 'as and when' type basis when specific pieces of participation work are happening.

If you are happy to share your views to help improve service provision, or would like more information, please email julia.mccormack@northumberland.gov.uk. Thank you.

Organisation

Active Northumberland



Ability 2 Play is a leisure inclusive programme and adapts sessions to include everyone regardless of ability. Users range from people with mild learning difficulties to Autism and ADHD, as well as people with anxiety disorders and physical disabilities.

Email: rscheu@activenorthumberland.org.uk

Website: <http://www.activenorthumberland.org.uk>

Facebook: <https://www.facebook.com/Ability2Play>

Information/Events



Active Northumberland School Games

Facebook: [Active Northumberland School Games](#)

Twitter <https://twitter.com/NBLSchoolGames>

Instagram <https://www.instagram.com/northumberlandschoolgames/>

Northumberland School Games - Inclusion Winter Activity Challenges

Intra school challenges can be used to support schools to get students active in school. These can be completed at any time and are not PE specific. The aim is to give schools ideas to support young people to be active every day and help to support the delivery of 60 active minutes .

Winter Activity Challenge information sheet has been shared with this newsletter

Seb & Olivia's Den

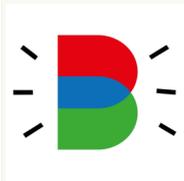
Northburn Sports & Community Centre, Cramlington

Email: sebandoliviasden@gmail.com

Seb & Olivia's Den is a sensory room and provides a stimulating and safe sensory space, equipped with tactile, auditory and visual stimuli for children, young people and adults with additional needs.

Please visit website, Facebook, Twitter or Instagram for further details regarding all activities.

Organisation



Beacon Films is based in West Jesmond, Newcastle and supports young people and adults with learning disabilities, autism and additional needs to make films. These films are screened all over the world, challenging audiences and receiving praise from across the creative sectors.

Email: info@beaconfilms.org.uk

Website: www.beaconfilms.org.uk

Facebook: www.facebook.com/BeaconFilmsUK

Information/Events

For further information contact: michelle@beaconfilms.org.uk / 0191 580 7000.

Stuff to do online

Click on this link for ideas for free activities to do online [Stuff to do online](#)

January 2022 - BFI Film Academy

Age: 16-19 years old with disabilities, autism or additional needs

- This event is free.
- An opportunity to create and star in your own film!
- To apply young people will need to attend a taster and application session. Sessions are hands-on and fun to take part in.
- Taster/application sessions: Sunday 5 and Sunday 12 December
- **Places must be booked online at <https://www.beaconfilms.org.uk/filmacademy>**

Please visit website or Facebook for further details regarding all activities.

Organisation



Blyth Valley Disabled Forum provides home care within the community and runs the young people's project, which enables children and adults to access various activities, i.e swimming and a youth club environment to socialise.

Email: adamthompson@bvdfhomecare.co.uk

Website: www.bvdfhomecare.co.uk

Facebook: www.facebook.com/BVDFHomecare

Telephone: 01670 360927

Information/Events

Monday (except Bank Holiday): Pickups from 5.00 pm / 6.15 pm - 7.00 pm - pool time

Aqua Fun - Blyth Sports Centre

Tuesday: 4.00 pm - 9.00 pm

After School Club - fun, leisure, craft and art sessions.

Ages 8 - 13 years

Mini play schemes are also organised during school holidays

Wednesday: 4.00 pm - 9.00 pm

Activity group catering for adults with learning disabilities - socialise, play pool, wii, pin bowling and more

Thursday: 4.00 pm - 9.00 pm

16+ years group for young adults with special needs - socialise, play pool wii pin bowling and more

Saturday: 9.00 am - 2.00 pm

Sports sessions - football, basketball, horse riding, ten pin bowling, snowboarding, canoeing, swimming and more

Under 19 years

Please contact Blyth Valley Disabled Forum for up-to-date information.

Organisation



Border Links Ltd is a community enterprise based in Berwick, covering north Northumberland/Scottish Borders, and also based in Amble. They develop new and exciting opportunities to support social and economic inclusion for people with learning disabilities - enabling them to play a part, gain in confidence and get the most out of life in their own community.

Email: Borderlinks@btconnect.com

Website: www.borderlinks.co.uk

Facebook: www.facebook.com/borderlinkscommunity

Information/Events

All activities are via Zoom invitation

Tuesday 7 December: 7.00 pm

Zoom Bingo & Quiz

Wednesday 8 December: 4.30 pm

Christmas Play

Wednesday 8 December: 7.00 pm

Christmas Disco

Thursday 9 December: 10.30 am

Music with Carole

Thursday 9 December: 4.30 pm

Fantasy Football Chat

Tuesday 14 December: 4.30 pm

What Panto am I?

Tuesday 14 December: 7.00 pm

Zoom Bingo & Quiz

Thursday 15 December: 10.30 am

Music with Carole

Thursday 15 December: 4.30 pm

Fantasy Football Chat

CHRISTMAS HOLIDAYS - 7.00 pm via zoom invitation

CHRISTMAS HOLIDAYS - 4.30 pm via zoom invitation

Please visit website or Facebook for further details regarding all activities.

Organisation



Calmer Therapy is based at Stobhill Community Centre, Morpeth and supports children, young people and adults who have additional needs, disabilities and mental health needs. The centre has a sensory room, gaming room, activity hall and sports hall. They offer support, training, advice and activities. Diagnosis isn't required. They also offer support to the whole family. Siblings and friends/ family members are welcome to all their sessions.

Email: hello@calmertherapy.org

Telephone: 01670 516015

Facebook: www.facebook.com/calmertherapy

WhatsApp: 07368 417778

Information/Events

Monday

Exclusive session at Airbox bounce, Cramlington, for all the family.

Tuesday

Baby and Toddler session.

Family Pilates, for all ages and abilities (Grandparents too!)

Disability Youth Forum, for ages 11-25

Wednesday

Sensory room play

Thursday

Football club, for ages 2-18

Friday

Parents and carers coffee morning

Youth group for ages 11 and over

Saturday

Family Zumba, for all ages and abilities (Grandparents too!)

Sunday Calmer Kids, for ages 0 - 10

All regular sessions run until Tuesday 21 December and will return on Monday 10 January 2022.

Christmas activities

Sunday 5 December: 11 am - 1 pm and 1 -3 pm - Christmas Fair

Saturday 11 December: 3.00 pm - 6.00 pm - Disney themed ball

Sunday 19 December: 9.30 am - 11.30 am - Breakfast with Santa

Monday 20 - Thursday 23 December: 10.00 am - 2.00 pm - Free Christmas activities - breakfast and hot lunch provided



Please visit Facebook, email or send a WhatsApp message for further details regarding all activities.

Organisation



Evergreen Teens (North East) Limited is a youth organisation who works exclusively with young people and adults with additional needs.

Email: Toniglynne.dunn@gmail.com

Facebook: www.facebook.com/evergreenteen

Information/Events

Please visit website or Facebook for further details regarding all activities.

Organisation



Happy Faces Prudhoe is a small charity providing social activities for children with additional needs. They also provide support for parents and carers through interaction with others going through similar experiences.

Everyone is welcome but for more information, contact them and one of the trustees will respond. Or use Facebook to send a message.

Email: info@happyfaces-prudhoe.co.uk

Website: www.happyfaces-prudhoe.co.uk

Facebook: www.facebook.com/happyfacesprudhoe

Information/Events

Monday evening - term time - 5.30 pm

Weekly Youth zoom

To join email info@happyfaces-prudhoe.co.uk.

Training Courses

These will take place via zoom and information is shared via the Facebook page.

Please visit website or Facebook for further details regarding all activities.

Organisation



Headway Arts is an award-winning arts organisation based in Blyth. They passionately believe that making art and being creative makes us feel better about ourselves and improves our mental health and wellbeing.

Email: Hello@headwayarts.co.uk

Website: www.headwayarts.co.uk

Facebook: www.facebook.com/HeadwayArts

Information/Events

Stars creative workshops for young learning disabled adults

Monday - 1.00 pm - 2.00 pm

Movement and yoga - Zoom

Tuesday - 1.00 pm - 2.00 pm

Visual arts, making and mindfulness - Zoom

Wednesday - 1.00 pm - 2.00 pm

Inclusive dance - Zoom

Thursday - 1.00 pm - 2.00 pm

Theatre, expressive arts, circus skills - Zoom

Winter Festival 2021

Wednesday 1 December: 2.00 pm-3.00 pm - Zoom

Christmas Creative Café - Relaxing creative arts sessions with Allie Walton-Robson.

Book your free place: hello@headwayarts.co.uk

Friday 3 December – International Day of People with Disabilities (IDPWD)

Tuesday 7 December: 4.30pm

Launch of the Reaching Out project and Beautiful Difference Exhibition.

Wednesday 8 December: 3.00 pm

Christmas Wreath Making Workshop – [book your tickets via Eventbrite](#).

Thursday 9 December: 2.00 pm

Circus Share event – visit Headway ArtSpace to see what The Stars have been working on with Hannah from Circ Motif.

Friday 10 December: 11.30 am to 6.00 pm

Mince Pies & Made Things – support local makers at this year's Christmas Fair. Have a coffee, a mince pie and a browse through all the Christmas goodies on offer from local Northumberland makers.

Monday 13 December: 2.00 pm

Dance Share event - visit Headway ArtSpace to see what The Stars have been working on with Tracey West.

Tuesday 14 December: 1.00 pm to 3.00 pm

Headway Arts Big Christmas Party – 1.00 pm to 3.00 pm. Dancing, Singing and Chris Bowman's Christmas Quiz. Open to all – book your free ticket by emailing hello@headwayarts.co.uk

Please visit website or Facebook for further details regarding all activities.

Organisation



Hextol Foundation positively supports people with learning disabilities and mental health needs by providing volunteering opportunities which build up employability skills and work experience. The Hextol Foundation is based in Hexham where they run a vegetarian/vegan café and operate gardening teams (in both Hexham and Newcastle), warehousing, packing and distribution and catering services.

Email: contact@hextol.org.uk

Website: www.hextol.org.uk

Facebook: www.facebook.com/THEHEXTOLFOUNDATION

Information/Events

Hextol Foundation can offer supported placements to those aged 15 and above with no upper age limit.

Anyone interested in their services can contact them direct – no referral is necessary. All posts are voluntary vacancies.

To find out more contact Jo Elliott

Email: jo.elliott@hextol.org.uk

Telephone: 01434 605253 / 07826620361

Friday 17 December - Christmas party

Christmas opening hours:

All of Hextol's services and shifts will close from close of business on **24 December** and re-open on **Wednesday 5 January 2022**.

Tans Café opening hours:

Wednesday 29 December

Thursday 30 December

Friday 31 December

Please visit website or Facebook for further details regarding all activities.

Organisation



Hippotherapy Northumberland is a community club, operating from Townfoot Stables, Shilbottle and Kirkley Hall Equestrian College, Ponteland. It is a registered charity which provides an opportunity of Therapeutic Sport for children and young people with disabilities, who will experience an active physical workout through a horse. There is interaction in and with 'normal' environments and young people (volunteers) therefore succeeding, achieving, engaging in and with physical activity, sport and games.

Email: hipponorthumberland@gmail.com

Facebook: www.facebook.com/Hippotherapy-Northumberland

Information/Events

Please contact Hippotherapy Northumberland for up-to-date information.

Organisation



Mortal Fools is a theatre, drama and creative learning company based in Prudhoe, Northumberland. They create compelling, dynamic and high-quality theatre by professional artists working as co-creators with young people and communities; helping people connect, have fun, learn and grow together.

Email: info@mortalfools.org.uk

Website: www.mortalfools.org.uk/

Facebook: www.facebook.com/mortalfoolsUK/

Information/Events

Theatre and drama sessions

Young people 7 - 19 years (school years 3+).

These sessions are currently taking place over Zoom.

Groups work with a professional theatre practitioner and film maker to create their very own short film.

No previous drama experience required.

New members can register via: www.mortalfools.org.uk/register-with-mfyt. New members will either be invited to join for a taster session or, if the groups are full, they will be added to a waiting list and will be informed when a space becomes available.

Weekly Groups:

Stage 3 (school years 6 - 9): Tuesday 6.00 pm - 8.00 pm (term-time only)

Stage 2 (school years 3 - 6): Thursday 5.00 pm - 6:30 pm (term-time only)

Youth Theatre - FREE taster sessions

Thursday 2 and Thursday 9 December: 6.00 pm - 8.00 pm

Age: 14 - 19 year olds

Venue: YMCA Northumberland, Ashington

Across each two-hour session, young people will play fun creative games, do something a bit different, meet and work with other young people and find out about exciting new Mortal Fools projects folks can get involved in from January 2022.

For more info and to sign up visit: www.mortalfools.org.uk/ashington-tasters

Organisation



National Autistic Society North Northumberland is based in Chatton and holds a monthly support group for parents/carers of family members with autism spectrum disorder (ASD) on the 2nd Wednesday of the month 9.30 am -11.30 am. The society occasionally involves outside speakers.

Email: NASNorthNorthumberlandBranch@nas.org.uk

Website: www.autism.org.uk

Facebook: www.facebook.com/NationalAutisticSociety

Information/Events

Wednesday 8 December: 9.30 am - 11.30 am

Christmas support group

Tuesday 14 December: 9.30 am - 11.00 am

ASD and Girls - zoom

Thursday 16 December: 1.30 pm - 3.00 pm

Craft group

2022

Thursday 6 January: 1.30 pm - 3.00 pm

Craft group

Wednesday 12 January: 9.30 am - 11.30 am

Support group - Guest: Rhian Davies, Senior Primary Mental Health Lead

Thursday 20 January: 1.30 pm - 3.00 pm

Craft group

Tuesday 25 January: 9.30 am - 11.00 am

ASD and Girls - zoom

Thursday 3 February: 1.30 pm - 3.00 pm

Craft group

Wednesday 9 February: 9.30 am- 11.30 am

Support group - Guest: David Street, Deputy Director of Education

Tuesday 15 February: 9.30 am - 11.00 am

ASD and Girls - Zoom

Thursday 17 February: 1.30 pm - 3.00 pm

Craft group

Thursday 3 March: 1.30 pm- 3.00 pm

Craft group

Wednesday 9 March: 9.30 am - 11.30 am

Support Group and AGM - Guest: Nellie Allsop, Northern Branches Officer, NAS

Thursday 17 March: 1.30 pm - 3.00 pm

Craft group

Please visit website or Facebook for further details regarding all activities.



Northumberland Parent Carer Forum is the Department for Education's recognised parent carer forum in Northumberland. The forum works in partnership with the Local Authority, and Health and Social Care services to improve outcomes for children and young people with Special Educational Needs and Disabilities (SEND) and their families.

Email: enquiries@npcf.co.uk

Website: npcf.co.uk/

Facebook: www.facebook.com/northumberlandpcf

Information/Events

The Northumberland Parent Carer Forum are parents and carers of children and young people (0 – 25) who have special educational needs and/or disabilities. They work in partnership with service commissioners and providers, sharing knowledge and experience, with the aim of supporting and enabling families within our community to access the services and give them a voice in developing the quality, range, and accessibility of this provision.

You can sign up to join the parent carer forum at npcf.co.uk/

LETTER TO SANTA

Northumberland Parent Carer Forum have a direct line to Santa this year and would love to pass your letters on to him! Santa himself has guaranteed to reply, by post, to your child!

He is able to accept a letter via email or if your child prefers to handwrite their letter, or use pictures, you can take a photo of it and email it.

Please include: Child's name, Age, Full postal address

Santa would also love to hear one thing that your child has done that has made you proud this year. You can include any details you see relevant in your email. The letters will be personalised. Email by **17 December** to fatherchristmasnpcf@gmail.com



Please visit website or Facebook for further details.

Organisation



SEND to Learn is a fully inclusive nursery in Blyth for children from 9 months old to 5 years and specialises in education and care for children with both special educational needs and complex medical care.

Email: info@sendtolearn.co.uk

Website: www.sendtolearn.co.uk

Facebook: www.facebook.com/SENDtoLearn

Information/Events

Nursery Education

Monday to Friday - 9.00 am to 3.30 pm during school term time.

Hand in Hand

A parent support group which is open to any parent or family member. Support is offered throughout the year and monthly sessions are held every third Tuesday of the month which covers a range of topics. A free crèche can be provided if required but this must be booked in advance.

CPD

CPD sessions are organised throughout the year covering a range of topics including Makaton, Communication, 1st Aid, Sensory Processing and Behaviour. These sessions are either free or involve a small charge. The 1st Aid sessions are costed separately.

All activities are available to everyone but booking is required.

Please contact SEND to Learn for up-to-date information.

Organisation



SMILE Through Sport is a disability organisation providing a wide range of sport and activity sessions across the North East for disabled children, young people and their families. Activity sessions and events are fun, friendly and delivered in a relaxed welcoming environment. Activities are for all ages and disabilities, and adapted for everyone.

Email: info@smilethroughsport.com

Website: www.smilethroughsport.com

Facebook: www.facebook.com/SmileThroughSport/

Telephone: 01670 457757

Information/Events

Cost: All sessions are £3 per person.

Every Tuesday

5-10 year old sessions: 4.00 pm - 5.00 pm - Vertu Motors Arena, Scotswood Road, Newcastle, NE4 7AF

10-19 year old sessions: 5.00 pm - 6.00 pm - Vertu Motors Arena, Scotswood Road, Newcastle, NE4 7AF

Every Wednesday

10-19 year old sessions: 5.30 pm - 6.30 pm - Cramlington area (venue to be confirmed)

Every Thursday

10-19 year old sessions: 6.30 pm - 7.30 pm - The Louise Centre, Front Street, Stanley, DH9 0TE

Family session (minimum age 5 years)

1st Saturday of the month: 10.00 am - 11.30 am - South Tyneside area (venue to be confirmed)

2nd Saturday of the month: 1.30 pm - 3.00 pm - Blyth Sports Centre, Bolam Park, Blyth, NE24 5BT

3rd Saturday of the month: 2.00 pm - 3.30 pm - Prudhoe Waterworld, Front Street, Prudhoe, NE42 5DQ

4th Saturday of the month: 1.30 pm - 3.00 pm - Cramlington area (venue to be confirmed)

February Half Term 2022

Tuesday 22 February: 10.00 am - 11.30 am - Cramlington area (venue to be confirmed)

Wednesday 23 February: 10.00 am - 11.30 am - South Tyneside area (venue to be confirmed)

Friday 25 February: 10.00 am - 11.30 am - The Louisa Centre, Front Street, Stanley, DH9 0TE

To book, visit: www.smilethroughsport.com/sessions-and-events-calendar and look out for confirmed dates and times in the New Year.

For more information about the sessions and the types of sports and activities, contact and speak to one of the team.

SMILE Together Facebook Group

Join the private facebook group for families in Northumberland, to hear about up and coming sessions and events, sharing ideas of activities and some fun challenges to take part in as a family. Click the link to join [SMILE Together](#).

Organisation



Splinter Group and 'Waffling On' is based at the Dovecote Centre, Amble, NE65 0DX and is run by young adults with learning differences. The group organises social activities and events, learning opportunities, residential, conferences, projects and campaigns for better services.

Telephone: 07775 817544

Email: splintergroupnorth@gmail.com

Website: www.splintergroup.uk www.wafflingon.uk

Facebook: www.facebook.com/SplinterGroupNorth

Information/Events

Please visit website or Facebook for further details regarding all activities.

Organisation



Tanga Hexham (Tanga Club) is based at the TORCH Centre in Hexham and is a fully inclusive group supporting whole families who have children with additional needs. Areas of support include activities and events, groups, parent and carer support, advocacy, specialist toy library, reference library, help and advice on education, finance, healthcare etc, assistance with forms, appeals and tribunals.

Email: Thetangahub@gmail.com

Facebook: www.facebook.com/Tangaclubhexham/

Information/Events

TORCH Centre, Corbridge Road, Hexham, NE46 1QS

Youth / social club - The youth club is for children with additional needs ranging from severe and profoundly disabled to mild learning difficulties. Activities are also provided for siblings and friends who may not have any additional needs. There is a thriving sibling group at the club.

To be involved in activities offered at the club and kept up to date with all plans, join the members private Facebook page - Tanga@TORCH.

Activity groups are fully inclusive for children up to age 18 and their families. All levels of ability are catered for.

Please visit Facebook for further details regarding all activities.

Organisation



The Jack Ward Inclusion Initiative

Email: thejackwardii@gmail.com

Website: <https://thejackwardii.org.uk/>

Facebook: <https://www.facebook.com/thejackwardii>

Twitter: @thejackwardii

Information/Events

The Jack Ward Inclusion Initiative has been working throughout lockdown, offering support to families where there is a child 0 - 25 years with additional needs.

They offer the following services:

1:1 Peer Support - book online via <https://calendly.com/stephanieward/one-to-one-peer-support-meeting>

Online support group - [facebook.com/groups/andpsblyth](https://www.facebook.com/groups/andpsblyth)

Three times weekly zoom support calls for members. To become a member, join the Facebook group and complete the online registration form.

Surgical Hip Support Community

A new project, the Surgical Hip Support Community ([facebook.com/groups/surgicalhipsupport](https://www.facebook.com/groups/surgicalhipsupport)) for adults and children, carers and health professionals, who have, support or work with people who have surgical hip conditions. The Chair and Chief Executive Stephanie was diagnosed with hip dysplasia and has subsequently had surgical treatment, and has identified a need for additional support in this area. The group is in its infancy, but has orthopaedic surgeons, physiotherapists and mental health professionals lined up to offer advice and support to group members.

Please visit website or Facebook for further information.

Organisation



The Toby Henderson Trust is based in Bedlington and provides a range of very practical services for autistic children, young people and their families who are affected by ASC (Autism Spectrum Conditions).

Their flagship service has been providing specialist autism family support for over 20 years, delivered by an experienced and knowledgeable team of practitioners, supported by clinical staff. You do not need to have a confirmed diagnosis of autism to access a service. Along with private assessment and diagnostic services for children and adults, they offer INTEGRATE which is a sensory profiling, recommendations and strategies resource.

The Toby Henderson Trust offer a rolling programme of free targeted webinars for families and a range of social groups across the ages from 5 - 20+ which are "MATES" Groups (Meet At Toby's And Engage Socially). They also offer monthly Siblings Superstars sessions. General support, advice and information is offered on a daily basis to all those needing help.

Email: support@ttht.co.uk

Telephone: 0300 3653055

Website: www.ttht.co.uk

Facebook: www.facebook.com/TheTobyHendersonTrust

Instagram, Twitter and LinkedIn - links via the website

Information/Events

Webinars

To register for a webinar please email a member or staff or support@ttht.co.uk outlining which webinar you would like to attend, and include the following information:

1. Your Postcode
2. Age of child
3. Does your child attend mainstream or specialist provision
4. One question for submission

Or register online: <https://www.ttht.co.uk/training-workshops-and-events/webinars/>

Wednesday 8 December: 9.30 am - 11.00 am

Parents Emotional Wellbeing

Thursday 6 January 2022: 9.30 am - 11.30 am

Sensory Issues

Thursday 13 January 2022: 10.00 am - 12.00 am

An Introduction to Non Violent Resistance (NVR)

Thursday 27 January 2022: 5.30 pm - 9.30 pm

Using Visual Aids - across the ages

Wednesday 2 February 2022: 9.30 am - 11.00 am

Supporting the Autistic Sibling Relationship

Friday 11 February 2022: 9.30 am - 11.30 am

Understanding the Avoidance Profile

Organisation



Useful Vision is based at Newburn, Newcastle upon Tyne and is a charity that supports children and young people who are vision impaired. They provide a range of free, accessible activities to reduce social isolation and to build confidence.

Email: office@usefulvision.org.uk

Website: www.usefulvision.org.uk

Facebook: www.facebook.com/UsefulVision

Telephone: 0191 447 2600

New address: The Lemington Centre, Tyne View, Lemington, Newcastle upon Tyne, NE15 8RZ

Information/Events

All activities are suitable for visually impaired children, young people, and their families. Once a child has been registered on the Useful Vision website, they can attend as many activities as they like, until their 19th birthday.

Zoom Choir

Saturday morning once a fortnight 9.30 am to 10.30 am - for all ages and abilities

Sunday 5 December: 11.30 am - 3.30 pm

Christmas Panto (Aladdin)

Village Hotel Newcastle, The Silverlink North, West Allotment, Newcastle

Saturday 11 December: 9.30 am - 10.30 am

Useful Vision Choir - via zoom

Saturday 11 December: 3.45 pm - 4.45 pm

Ice Skating

Billingham Forum Ice Arena, The Causeway, Stockton-on-Tees, Billingham

Tuesday 4 January 2022: 10.00 am - 10.30 am

Horse riding

Pegasus Riding Centre, Morpeth

Please visit website or Facebook for further information.

Organisation



Wecan (We Enable Children, Young people, and Adults with Additional Needs) is based in Hexham and provides social activities and respite care within the community, which enables children, young people, and adults to access various activities - dance, film sessions, sensory sessions, art and crafts, walks in the local community, and activities at Wentworth Leisure Centre, Hexham.

Wecan helps parents/carers to enjoy a short break/respite time whilst their team of skilled and experienced Support Workers look after their children on a 1:1 or group basis (dependent on their assessed need).

Email: info@wecanenable.co.uk

Website: www.wecanenable.co.uk

Facebook: [@wecanenable](https://www.facebook.com/wecanenable)

Twitter: [@wecanswnorth](https://twitter.com/wecanswnorth)

Information/Events

Saturday Club Children Service

(Term time only): 3 hours - start times: 10.45 am or 11.15 am

Saturday Club Adult Service

(Term time only): 3.00 pm - 6.00 pm - 3 hours

Please visit website or Facebook for further information.

Council for Disabled Children

Lessons Learnt from Lockdown: The highs and lows of the pandemic's impact on disabled children and young people

Over 600 children and young people, 128 parents and 110 professionals contributed their views and experiences to this report.

[Findings and consultation report](#)

Housing options for 16+

Northumberland's Adolescent Service has produced a guide to help young people aged 16+ and their parents or carers find appropriate accommodation for them as they prepare to leave home and move into adulthood. The guide has been designed with young people in mind, encouraging them to get involved in the process of deciding what type of accommodation suits them best.

[Housing Options for 16+](#)

<https://www.northumberland.gov.uk/Children/Young/Accommodation-Team.aspx>

Carers Northumberland

The Young Carers Service supports all carers under the age of 18 across Northumberland. This service ensures that children and young people have the support they need to learn, develop and thrive, to enjoy positive childhoods and to achieve their full potential.

[Young Carers Northumberland](#)

[Young Carers Project](#)

MIND YOUR WORDS - Children and Young People's Mental Health

FREE e-learning for parents and practitioners

This e-learning from the Royal College of Speech and Language Therapists aims to improve understanding of children and young people who have both mental health needs (or social emotional and mental health needs - SEMH) and speech, language, and communication needs (SLCN).

<https://www.rcslt.org/learning/mind-your-words/>

Special Making it REAL

Special Making it REAL was delivered across the North West, as part of the [Early Years SEND partnership](#) led by the Council for Disabled Children, during 2020/21.

Free activities and vodcasts for parents carers are available below:

<https://www.ncb.org.uk/what-we-do/improving-practice/focusing-early-years/early-childhood-unit/our-programmes/special>

The Community Hub at Cramlington

The community hub is a space where locals can meet others, take part in activities, visit the library or enjoy a coffee with friends in the Learning Café.

Manor Walks Shopping Centre, Cramlington, NE23 6YB

Tel: 01670 620394

Email: mylibrary@northumberland.gov.uk

<https://nland.uk/HubAtCramlington>

Contact (for families with disabled children)

Including: latest Covid information and listening ear helpline service. [Family workshops and events](#)

Contact supports families, bring families together and help families take action for others.

<https://contact.org.uk/>

IPSEA

Including: Covid and SEN provision.

Independent Provider of Special Education Advice (IPSEA) offers free and independent legally based [information, advice and support](#) to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). They also provide [training](#) on the SEND legal framework to parents and carers, professionals and other organisations.

<https://www.ipsea.org.uk/>

Northumberland County Council

[Coronavirus - latest information](#)

Northumberland SEND Local Offer

The SEND Local Offer supports children and young people with Special Educational Needs and Disabilities (SEND) aged 0 - 25

Information is available on the Northumberland County Council website:

<https://www.northumberland.gov.uk/Children/Northumberland-Local-Offer-SEND-0-to-25-years.aspx>

Be You

The aim of Be You Northumberland is to ensure that all children, young people and the adults who support them, have easy access to a range of information and support services for emotional wellbeing and mental health support.

<https://www.beyounorthumberland.nhs.uk/>

Kooth

Kooth is a safe, free and anonymous online mental health platform available to all 11-25 year olds in Northumberland

<https://www.kooth.com/>

Stormbreak

Take a step to better mental and physical health. Stormbreak aims to improve children's mental health through movement, equipping them with sustainable, transferrable skills and coping strategies to thrive during the complex demands of growth into adult life.

Stormbreak.org.uk

Northumberland Youth Service - Virtual LGBTQ+ group

Online virtual group for young people age 13 - 19 years

For more information contact natalie.richards@northumberland.gov.uk / Mobile: 07989 169201

Useful Website Links

Action for Children

Parenting advice. Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

parents.actionforchildren.org.uk/

Bridge Northumberland

Bridge Northumberland helps people overcome barriers to training, education and work.

If you are: · not in work, education or training, · aged 16 up to retirement age, · live in Northumberland.

It is FREE, entirely voluntary and doesn't affect your benefits.

www.bridgenorthumberland.org.uk

Boccia England

Virtually Boccia has now started. Boccia (pronounced bot-cha) is a Paralympic sport with no Olympic equivalent and is similar to bowls. It is a target ball sport which tests both muscle control and accuracy.

[Boccia England](https://www.bocciaengland.org.uk)

Para Dance UK

Fun-filled dance videos for wheelchair users and the wider disability community. Whether you have never danced before or have been enjoying dance for years, the sessions are inclusive for everyone.

[Para Dance UK](https://www.paradanceuk.com)

Hungry Little Minds

Simple fun activities for newborn to five years

hungrylittleminds.campaign.gov.uk/

NSPCC - Look, Say, Sing, Play

Fun and easy tips to help you bring even more **Look, Say, Sing** and **Play** into your daily routine with your baby.

nspcc.org.uk/look-say-sing-play/

BBC Tiny Happy People

Explore simple activities and play ideas to help you develop your child's communication skills.

[BBC Tiny Happy People](https://www.bbc.com/teleshop/tinyhappy)

I CAN

Supporting children and young people's speech, language and communication needs (SLCN) to ensure they get the help they need.

[ican.org.uk/](https://www.ican.org.uk/)

National Literacy Trust - Bilingual quick tips

A series of bilingual quick tips, in 19 different languages, for parents and early years practitioners to help children develop good talking and listening skills.

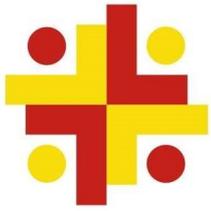
[literacytrust.org.uk/early-years/bilingual-quick-tips/](https://www.literacytrust.org.uk/early-years/bilingual-quick-tips/)

BBC Bitesize Support

Bitesize Support is a hub with advice, tips and resources for children and young people around school and mental health.

[BBC Bitesize Support](https://www.bbc.com/teleshop/bitesize-support)

Northumberland Information, Advice and Support Service



Northumberland Information, Advice and Support Service has its own website and Facebook page, which shares with parents/carers and young people information, advice and support for children and young people (0 - 25 years) with SEND (special educational needs or disabilities).

northumberlandiass.org.uk

www.facebook.com/NorthumberlandIASS

A link to our website can also be found on the Northumberland County Council website.

Just a reminder that the support the service can offer includes:

- Providing a listening ear and practical advice and support with understanding the SEND 'system'.
- Information on a range of SEND topics.
- Support with preparing for meetings.
- Help with exploring the options for a child/young person's SEND provision.
- Signposting to other services and groups, including parents group, youth forums and national helplines.
- Support for individual children, young people and their parents that empowers them to express their views and wishes and helps them to understand and exercise their rights in matters including SEN processes, exclusion, complaints and SEND appeals.
- Training for parents, children and young people, and professionals to increase their knowledge of SEND law, guidance, local policy, issues and participation.

Coronavirus/Covid19

We are continuing to provide a service during Covid-19. If you have any queries, please contact the service at iass@northumberland.gov.uk or 01670 623555 / 01670 620350.

If you would like to be added to the distribution list to receive a copy of the Newsletter, please submit your request via this link <https://forms.office.com/r/Mk13rkQs42>.

If you would like your details removed from the list, please email julia.mccormack@northumberland.gov.uk.

Disclaimer:

Please note that we have done our best to ensure that the contents were correct at the time of printing. Contact julia.mccormack@northumberland.gov.uk to let us know about any inaccuracies/information that needs to be added. Please note that inclusion of services in the bulletin is not an endorsement or guarantee of that provision.